

St Helens - A whole system approach to children and young people Mental Health

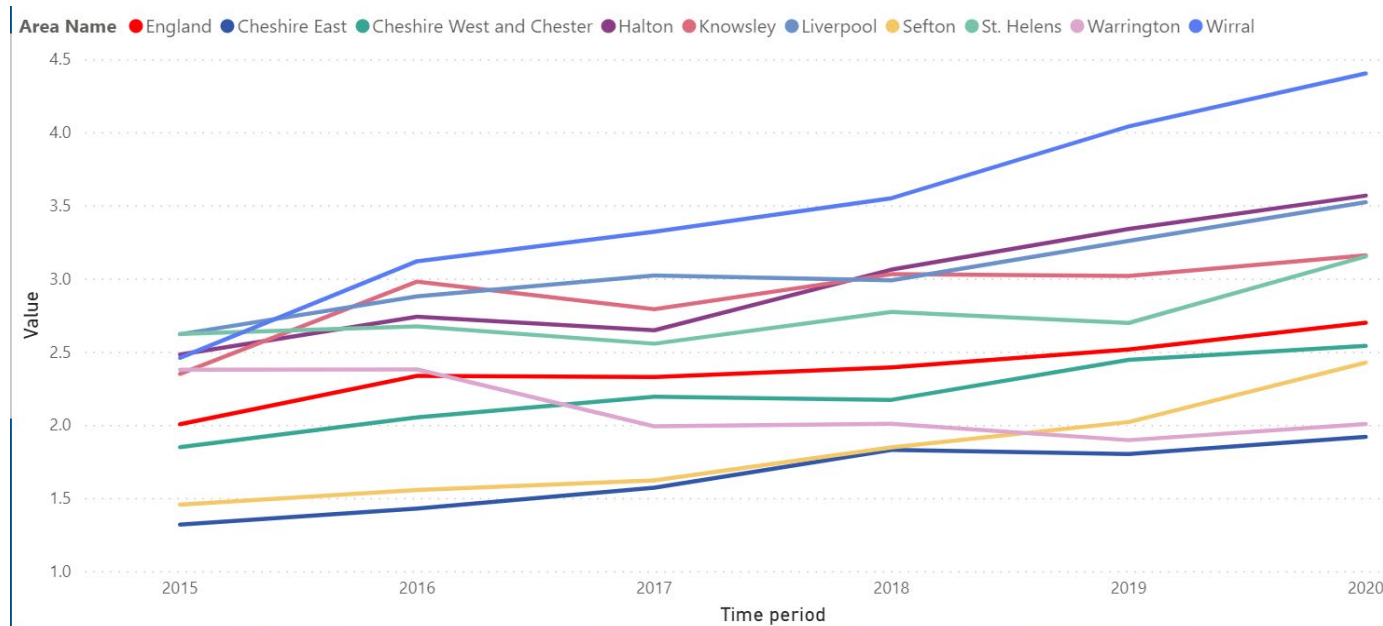
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Senior Commissioning Manager

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Introduction

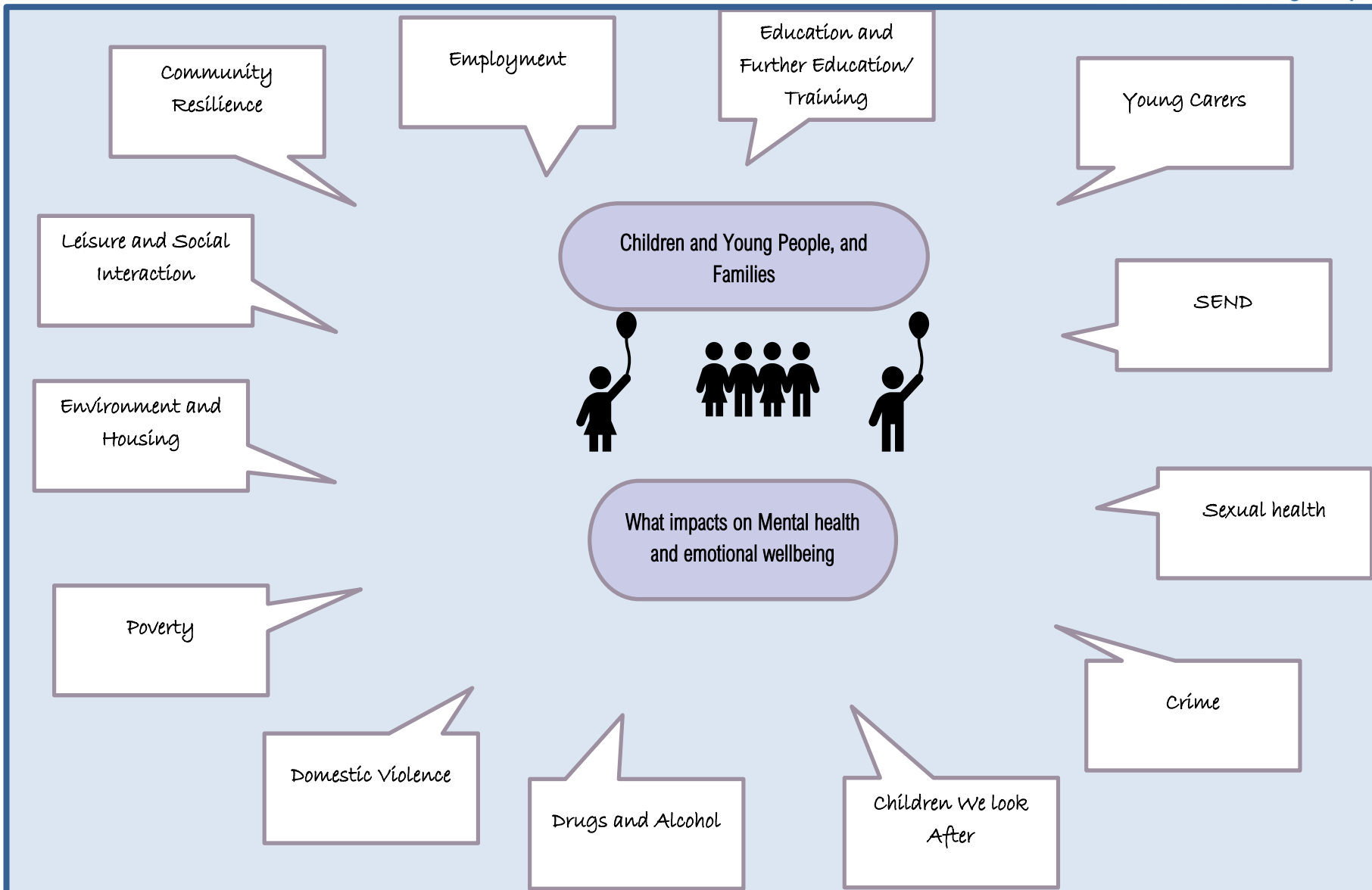
- Health context
 - 2 years of COVID first presentation in UK
 - 18 months of disrupted education
 - Increase of CYP with MH need
 - Reaching national needs target 20/21



G1. Self reported percentage of pupils with social, emotional and mental health needs

Introduction cont.

- CYP cant be treated in isolation, they are part of communities and families
- St Helens aware of need to build breadth of provision before COVID
 - Issues were here before and will be here after but will be worse now for a longer time
 - Prevention, awareness raising, emotional intelligence



CCG Developments

- Have dealt with immediate here and now and the future at the same time
- Total >£2,000,000 additional programmes delivered through 20/21 and 21/22 so far
 - Gone above national target for increased MH spend

CCG Developments cont.

- New and existing services align to i-THRIVE framework
- Embraced non-NHS, third sector organisations
 - Increased choice and utilised community assets
- Made services available virtually, telephone, text, messaging to meet needs not just F2F and in schools

Access and Activity

Over 1500 CYP in St Helens have accessed CCG commissioned mental health or wellbeing support in the first 6 months of this year

It is good that we are seeing CYP seeking help and talking about their mental health and wellbeing

Access and Activity cont.

Demographic data

– BAME

- 1.8% pop – 7% of Kooth users

– Gender fluid/Agender

- 9% of Kooth users

– Male access

- Resilience = 35% (inline with national data)

– SEND

- 8% of Resilience Team activity (may be more)

Time to hear from the services

St Helens CAMHS

Key focus and deliveries over last 9 months

Reduced access times for initial assessments by the CAMHS team, ensuring timely access to CAMHS services. Throughout COVID the service has remained open and operational, flexing and adjusting to meet the needs of children and young people

How you have flexed and delivered in new ways over this financial year

Provided a flexible service offer to children, young people and their families to minimise the impact of COVID. We have been using attend anywhere to maintain contact, appointments and our group work including patient participation

St Helens CAMHS

What have you delivered that has made a real difference?

Building on and further developing a service for children and young people with LD and or predominantly ASC with associated challenging behaviours and mental health needs. This evolved from an initial pilot to be a fundamental part of the CAMHS service offer.

Worked in partnership with paediatrics to offer a joint CAMHS and Paediatrics clinic to assess the needs of children and young people disadvantaged as a result of Alder Hey Children's Hospital closing its specialist neurology service

What are you proud to have delivered?

A full refurbishment of the Birch unit (base for the CAMHS and Barnardo's service) to significantly enhance the experience of children, young people and their families visiting services in the community

St Helens CAMHS

Outcomes from the last 9 months of delivery

Paper based outcome measures continue to be collected. NHS digital – outcome measure project going live January 22. 12 week project around electronic outcome measure including The revised children's anxiety and depression scale (RCADS) & the strengths and difficulties questionnaire (SDQ)

CYP and family outcomes and feedback

Many compliments to share. These are collected through the Trust incident reporting system and shared at monthly meetings within the Trust.

“ I just wanted to also take the opportunity to express my sincere appreciation for your help and support. It's really valued makes a huge difference, and I feel *** has really connected with you which has allowed them to open up and have more confidence to speak their mind. I think between us all we can really help *** be the person they want to be

St Helens Kooth

▶ Key focuses and deliveries the last 9 months

- Integration of Kooth into high schools in St Helens
- Transition sessions to support Year 6 pupils into high school
- Developing of Thoughtscape Champion
- Engaging with a wide range of services across St Helens to support the promotion of Kooth

- Flexed and delivered over this financial year

- Delivering a blended offer of online and F2F work
- Created a new Kooth digital promotion site that offers high spec material that can be shared to professionals and young people
- Kooth Site Tours

St Helens Kooth

- ▶ **What have we delivered that has made a real difference?**
 - Specific sessions for vulnerable cohort groups e.g. young carers
 - Kooth Assemblies – Huge reach in terms of engagement which has seen an increase of user usage across the Kooth site.
- **Outcomes from the past 9 Months**
 - 610 new registrations
 - 4400 log ins
 - 185 Chats
 - 2300 Messages
- **Feedback**
 - 81% of users would recommend this service to a friend

Our Focus and Delivery

- The Barnardo's Resilience Service began taking referrals in March and to date we have had 628 referrals with 6% being self-referrals or from parents/carers. Our priority for the first 9 months has been to publicise our service as widely as possible across St Helens and ensure we are accessible to children, young people and families. This has also involved networking widely and we have created and distributed posters and leaflets with a QR code to make referring simple and easy.
- We have delivered direct therapy, group work, drop ins to children and young people, school staff and parents/carers. We have delivered training to school staff and presented at whole school assemblies.
- We are constantly adapting our service to meet identified needs. We have a named Therapist/ Mental Health Practitioner in all 9 Secondary schools and 3 SEN schools.
- We have adapted the drop-ins for young people to suit the needs of schools e.g. times of drop in – lunch time, morning/ afternoon sessions and after school. Some have bookable time slots and some are open.
- We amended our offer to parents due to difficulties accessing the school. We have created short interactive parent webinars on a range of mental health issues to provide advice and guidance to support their children.
- We have flexed our delivery model dependent on the needs of the child e.g. we accept referrals for children with additional needs and will extend the initial offer of 3 therapy sessions to 6 in recognition of complex difficulties.

How We Have Made a Difference

- We have delivered a number of Groupwork sessions both face to face and online. Our Decider Skills Group has received very positive feedback with 1 parent reporting a huge impact on her son who was suffering with severe anxiety and panic attacks and is now able to put into practice skills learned and openly talk about his feelings. Our Anxiety group generated positive results in one school who noted that pupils were now able to attend classes again after attending the sessions.
- Our support to school staff is making a difference - we have delivered Youth Mental Health First Aid training to 15 staff. We also offer staff drop ins and consultations to support staff with emotional wellbeing issues. We have run workshops for staff in some schools, delivered presentations to the whole school via assemblies and attended Mental Health days.
- Feedback from a school:
"Having (the therapist) on site has been absolutely key in moving mental health support forward in the school. She is fully part of our team and great to have onsite with advice for staff and students. I feel because of her and the service provided we are becoming more proactive with mental health rather than re active."

What we are proud of

- We are proud that we have managed to reach so many children and young people in a short space of time.
- We have made our services accessible by producing a simple and effective referral process and advertising widely.
- We have a newly created Instagram page with 107 followers and rising. We share positive mental wellbeing posts regularly including top tips to stay well.
- We have young people who are interested in participation and have attended the Participation group with young people from BOSS and CAMHS.
- We created a Team Profile and send every young person accepted a copy of their allocated Therapist's Pen Profile which has received positive feedback from young people, parents and professionals. Parents have reported being impressed and that it makes their child less anxious about meeting the Therapist. They break down barriers and improve take up of the service.
- We are proud of the relationships we have built with the schools. The following feedback provides a good example of this:

"We really, really appreciate you being here. It's the best service we've had! We know we can make a referral and the children will be seen relatively quickly. It's a great service. It's about the people too. Its all credit to you, and your hard work, so thank you." (Deputy Head)

Children and Young People's Eating Disorder Service



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

Increase in referrals

- The service has seen a continued increase in referrals this year and received 279 referrals since April 1st and of which a 230 CY&P have been accepted into treatment. The service has been flooded with referrals, this collates with the national picture referrals to eating disorder services continue.

Focus



Mersey Care
NHS Foundation Trust

Community and Mental Health Services

- The service has managed the high volume of referrals by delivering a service that screens and triaged all referrals via triage processes, any CY&P deemed risky are then fast tracked via our health clinic and commenced treatment according to their need rather than referral criteria. Due to this process many of our C&YP are seen within 5 days for assessment and fast tracked into group work or health clinic. The new triage enables urgent or acutely unwell C&YP offering 3 appointment a week to we try and avoid admission at first appointment.
- The service continues to see an increase in C&YP being referred with WFH of between 72-80% during the summer months especially the 16-18+ age group.

Innovations and new funding

- Change the internal process of managing risk from a physical health perspective . Increase staffing to decrease tier 4 inpatients and hospital admissions and ensure we meet targets set out by NHSE
- Triangle project will be led and delivered by Professor Janet Treasure and the team- (Kings College, London) TRIANGLE model of intervention for patients with Anorexia and eating disorders is based on “collaborative approach” and themed on “Recovery Identity”. It tries to connect current and recovered patients to share the wisdom and insight of recovery through their “told story” or personal narrative videos
- Digital offer and systems being developed for self referrals and access to a digital platform
- Training Kitchen for eating disorders is in the process of being built
- Family Therapy training with Manchester University with our Family Therapist as the lead trainers. Enabling additional therapies and extra resources alongside free university places.
- Developed and trained staff in supporting C&YP with AFRID and all staff have had ASC training alongside the recruitment of an LD nurse within the team.
- Funded Specialised CBTE training

Eating Disorders

- Covid 19 provided the “Perfect Storm” for CYP with Eating Disorders
- Referrals increased
- Acuity Increased
- CYP referred as routine and continue to be hospitalised that day.
- Family, Carers and GP’s still struggle to see the signs and the risks involved with eating disorders

Case Study

- Young girl aged 15
- During lockdown wanted to keep healthy and fit
- Parents both working
- Rapid weight loss
- GP referral – routine
- Assessed and seen as urgent by CEDS due to weight for height
- Assessed in clinic
- Admitted to in-patient ward due to compromised physical health
- Possible outcomes for this kind of presentation
- The importance of referring earlier

St. Helens

Mental Health Support Team

Key focus and delivery

- MHST is an early intervention Mental Health Service, working with mild to moderate mental health difficulties and challenging behaviours. It is a school based referral service.
- The first year in a MHST is a training year, there has been a focus on supporting the trainee EMHP to combine the academic requirements and the service developments, with an aim to complete the course.
- MHST is new initiative therefore there has been a focus on recruitment and establishing a complete new team
- MHST has focused on establishing partnership working collaboratively with partner agencies e.g CYPMHS
- MHST is part of the THOUGHTSCAPE offer collaboratively working with Resilience HUB & KOOTH
- MHST was initially established in 4 schools but has expanded to 15 schools with a plan to offer to the final 2 schools in January under wave 4
- Within the 1st 9 months MHST had a 94% success rate of referral to assessment within 4 weeks

St. Helens

Mental Health Support Team

Flexibility, delivery and making a real difference

- MHST is predominantly a school based service but MHST has been creative and embraced flexible adaptations to be able to deliver the service during the pandemic.
- Currently the majority of MHST contacts are face to face and are school based but if it is more appropriate these appointments can be virtual via Attend Anywhere platform
- MHST have a referral pathway incorporating advice and support at the Front Door via Duty
- MHST offer a consultation pathway with the School Mental Health Lead which is school based
- MHST is flexible with regards to each school's requirements/needs e.g. working with school timetable and curriculum
- MHST offers individual sessions and group work
- EMHP have attended PHSE lessons, school assemblies and school open evenings
- MHST have a school training pilot across Mid-Mersey Footprint

St. Helens

Mental Health Support Team

Outcomes from the last 9 months and outcomes we are PROUD to deliver

- MHST has a 98% acceptance rate with a 2% signposted
- Excellent patient satisfaction – no complaints received
- The formation of the team with excellent retention level
- Continue to support EMHPs who are 75% through the Level 7 training with a completion date of Jan 2022
- Recruitment of a full team that is now established
- First Team Away Day completed – positive feedback
- Partnership collaboration with schools, agencies and THOUGHTSCAPE
- Expanding MHST offer to additional schools
- Restoration & Recovery from the impact of COVID on service delivery

QRV Parent & Carer Feedback

Staff 'brilliant' /'Emma is a lovely girl'/Always made aware of how info will be used/ Regular 'full' updates, where case is up to, not rushed/Transfer to CBT – explained and reassured 'really good as a team'/Plenty of time in sessions, didn't feel rushed/ Used language that P&C and cyp understood /Helpful resources provided and signposted to resources/ Team easy to get hold of – messages returned 'really quickly' /Positive that interventions are offered in school environment

Next Steps for MHST

- To include all schools in the scope of the project –
- WAVE 6 is further 21 schools with an additional 6 practitioners starting in Jan 2022 – **58% school coverage** (future bids to be submitted inline with NHS England funding)
- To expand on Whole School Approach (making Mental Health everybody business) in year 2 of Wave 4
- To expand the MHST participation offer

St Helens
Scrutiny Spotlight Review
CYP Mental Wellbeing

14th December 2021



LISTENING EAR
someone to talk to

Listening Ear's CYP Services in St Helens

- * Contracted by the CCG
 - * Therapeutic service for CYP presenting with a range mild to moderate mental health services as a result of bereavement (short-term therapy)
 - * Therapeutic Service for Looked After Children and their carers (long-term therapy and specialist trauma therapy)
 - * Training for schools professionals with accompanying copy-and-keep resources book (120 free places available January to March 2021)
 - * Supporting CYP affected by domestic abuse
 - * Supporting CYP affected by bereavement

Commissioned by the LA, LE also delivers a therapeutic service for CYP victims of Domestic Abuse. We also support St Helens CYP presenting with loss and separation with funding from Children in Need,

Listening Ear's CYP Services in St Helens

Over the last 8 months (April to November), for CCG commissioned services. LE has:

- * Received 64 referrals
- * Scheduled 58 assessments and 392 appointments
- * Scheduled appointments for 59 CYP across 19 schools
- * Completed therapy with 56 CYP (some referred 20/21) of which 54 had positive CORS score changes average 6.71 (with a change of 5 points indicating reliable change)
- * Children said: 'They were really comfortable and my counsellor was friendly'; 'it was a really quick process and it helped me to do things really quickly'

LE currently has 59 open cases

Listening Ear's CYP Services in St Helens

Over the last 8 months (April to November), for CCG commissioned services, LE introduced some innovative delivery models:

- * Outdoor Therapy for Looked After Children, their carers and social workers
- * Emotional Youth Club co-designed with CYP, an innovative model of aftercare supporting sustained positive mental health following therapy. Our evidence from the pilot year shows that without sustained support, some CYP referred for short-term therapy enter continuous cycles of costly re-referrals to MH provision. EYC sustains mental health outcomes achieved through therapy, prevents cycles of referrals, saves money and is successful in including the wider VCSE community in coordinated MH provision for CYP.

The PATHS[®] Programme in St Helens



**Believe in
children**
 **Barnardo's**

PATHS[™]
The PATHS[™] Programme for Schools (UK Version)
Promoting Alternative THinking Strategies

PATHS[®] Programme Delivery

In the 2020 – 2021 school year there were 12 schools on *The PATHS[®] Programme for Schools (UK & NI Version)*
In this school year (2021 – 2022) there are 13 schools on the programme.



teachers

- Day 1 and Day 2 training, from a Barnardo's trainer, in their first year of implementation.
- 1:1/group planning support throughout each year
- Barnardo's coach supports teachers with lesson delivery through coaching in classes – modelling, team-teaching & peer support



pupils

- Receive 1 – 2 PATHS[®] lessons per week from scripted manuals, appropriate to their age group – Barnardo's coach monitors this pace and delivery
- Supported and encouraged by staff to use PATHS[®] language and strategies beyond the lessons
- Schools in Year 2, 3 or 4 of implementation are offered B's Buddies training for pupils in Year 5 & 6, trained by the Barnardo's coach, they help pupils to play cooperatively and support them to use PATHS[®] language and strategies to solve problems on the playground



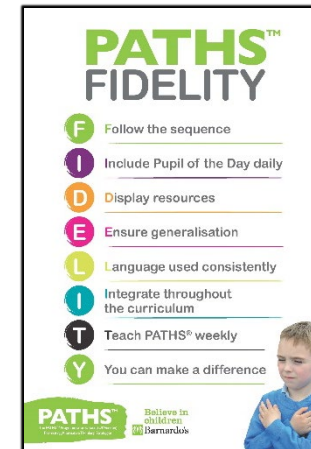
parents

- Parent information sessions for schools in all years of programme delivery
- Parent/carer home activities linked to learning in the manuals and letters home about PATHS[®] strategies etc



additional support staff

- Yearly additional support staff training, to support schools to implement the programme with fidelity
- Personalised support given by Barnardo's coach



PATHS[®] Programme Outcomes

In the 2020 – 2021 school year, the programme showed significant improvements across the key areas of empathy, aggression & disruptive behaviour, concentration & attention and social emotional competence

Pre and Post Questionnaire Results

2020-2021

Survey Results for 12 Schools (2020-2021)

46% of pupils showed improved empathy

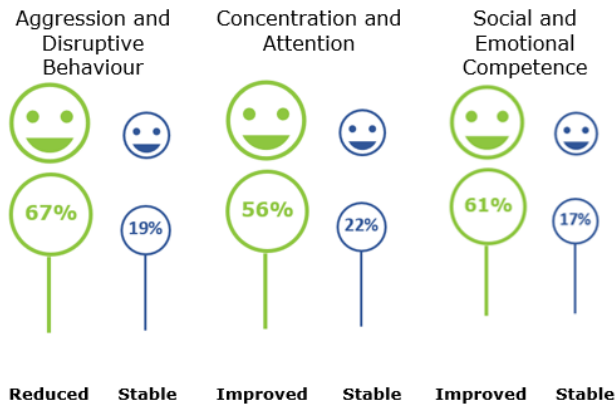


Figure 1: Overall Results for 12 Schools between 2020-2021 (1049 responses)

Key Highlights from St Helens Sept 2020 - December 2021:



144 teachers trained.



3122 pupils supported.



113 support staff trained.



137 B's Buddies trained.



40 parents trained.



PATHS[®] Programme Delivery

During periods of school closures and following COVID safety rules in schools, we adapted our delivery of the programme to include a variety of supports for schools.



Delivery During Lockdown

- Live sessions delivered by coaches
- Virtual coaching support & remote training sessions
- Pre recorded assemblies created and shared with schools
- A bank of SEL lessons, activities and resources created for teachers to use during home/online learning including novel study guides (shared with *all* St Helens schools)
- SEL activity ideas and videos shared 3x per week on social media
- Back to school booklets, to support SEL, shared with schools



PATHS[®] Programme - Making A Difference

87% of pupils reported that they enjoyed PATHS[®] lessons.

84% of pupils believe PATHS[®] helps all children.

Examples of pupil voice...

"I feel calm when I take a deep breath."



"When I am scared I can feel better by telling my Mum and Dad."

95% of principals reported that the majority of pupils are engaged in PATHS[®] lessons.

81% of teachers reported that PATHS[®] has had a positive impact on the children in their class.

Additional CYP Outcomes



Family Outcomes



SEL Worldwide Model School

We are proud to say that this financial year, Holy Spirit Catholic Primary School have been awarded Model School Status; for their excellent delivery and embedding of *The PATHS[®] Programme for Schools (UK & NI Version)*.

Holy Spirit: Feedback from School Staff



"PATHS has given our children the perfect toolkit they need to self-regulate their emotions. They know that all emotions are ok and it is good to talk about our emotions."

"PATHS is what we do now; we are a proud PATHS school."

Holy Spirit Catholic Primary School



Believe in
children
Barnardo's

PATHS[™]
The PATHS[™] Programme for Schools (UK Version)
Promoting Alternative THinking Strategies

Future Plans

- Continued “Thoughtscape” developments
 - Successes: champions and working together
 - Incl. 0-19, city health partner, TAZ
- Other new services Jan-22>
 - PBSS, Coaching Training into schools, 2nd MHST team, YMCA, MHN in Hospital, DV and Bereavement Training
- Schools links and mental health champions
 - Link Programme

Children and Young People Mental Health and Wellbeing: Region and Place

NHS Cheshire and Merseyside Integrated Care Board

St Helens Integrated Care Partnership

Transforming Care Programme

NHSE/I Strategic Clinical Networks x 3 – CYPMH, Perinatal and Transforming care

Mental Health Programme

North West CAMHS Review - Cheshire and Merseyside ICS Oversight Group

Transforming Care CYP Sub group

Children and Young People Programme Board: (4 work stream groups)

- **Emotional Wellbeing and Mental Health**
- Healthy Weight / Obesity
- Respiratory and Asthma
- Learning Difficulties, Disabilities & Autism

CYP MH Strategy development

C&M CYP Self Harm Development group



St Helens Mental Wellbeing group-priorities:

- Children and young people mental health and wellbeing
- Suicide
- Self-harm

Priorities:

- Mental Wellbeing
- Tackling Obesity
- Resilient Communities

St Helens Suicide Prevention Task Group

St Helens SEND Partnership Board

St Helens Early Help Strategy

Future Challenges

- Specialist Tier 4 Care
 - Complex mental health and social, emotional issues, placement breakdowns
- Young Adult Services (16-24)
 - IAPT into Colleges
- Uncertain Health Commissioning Landscape



St Helens
Clinical Commissioning Group

Thank you very much for listening all